

English Muffins

Originally from *Artisan Breads Everyday* by Peter Reinhart



- 2 teaspoons honey
- 1 tablespoon vegetable oil
- 1½ cups lukewarm milk
- 2 2/3 cup bread flour (12 oz.) (I used 1 cup wheat flour, 1 2/3 cup bread flour)
- ¾ teaspoon salt
- 2 teaspoons instant yeast
- ¼ tsp baking soda
- 3 tablespoons warm water
- Cornmeal, for dusting
- Metal English muffin rings (or use the rings from canning jars for ok results)

Add the honey and oil to the milk and stir to dissolve the honey. In a mixing bowl, whisk the flour, salt, and yeast together, then pour in the milk mixture. Whisk for 1 minute, you should see gluten strands developing as the wet sponge develops. It should be kind of like a thick batter. Cover and refrigerate for up to 4 days.

Remove dough from refrigerator 2 hours before you plan to bake them. (Okay, cooking on a griddle isn't really baking.) The dough will be stiffer but still very sticky. Oil the rings, coat in cornmeal, and place on lightly oiled griddle sprinkled with more cornmeal. When you are nearly ready to bake, stir the baking soda and warm water together and fold into dough. Let sit till bubbles form, 5-10 more minutes. Heat a griddle to 300 degrees and spoon 1/3 cup of batter into each ring and sprinkle with more cornmeal. The dough takes a while to fill the ring—be patient. Cook for 12 minutes, then flip and cook 12 more minutes till lightly golden on each side. If you cook them too fast the middle will be raw. Patience!

When time is up, remove from griddle. Allow to cool in rings for 2 minutes, then remove the rings and stand the muffins on their sides to cool and also so they won't deflate. After they are cool, split with a fork and toast to perfection.